



Original Research Article

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DR BATRA'S CURE FOR ALOPECIA TOTALIS

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Abstract

Alopecia Totalis is an autoimmune condition leading to complete loss of scalp hair and can deeply affect a person's confidence and emotional health. Homeopathy addresses the root causes through individualized treatment, offering a holistic healing approach. This paper presents the case of a 40-year-old woman who experienced severe hair loss and emotional stress. Under Dr Batra's homeopathic care, she regained scalp, eyebrow, and eyelash hair, along with hormonal and emotional balance.

Keywords:

Alopecia Totalis, Dr Batra's, homeopathic care

Introduction

Alopecia Totalis is a chronic autoimmune disorder that results in complete loss of hair on the scalp. It often begins as patchy hair loss (Alopecia Areata) and can progress to total baldness. Common causes include genetic predisposition, autoimmune activity, hormonal imbalances, and emotional stress. Symptoms include sudden hair loss in patches, followed by complete

scalp hair loss, and in some cases, loss of eyebrows and eyelashes. Complications include psychological distress, low self-esteem, and social withdrawal.

Case Profile

A 37-year-old single female from a middle socio-economic background, non-vegetarian by diet, presented with complaints of progressive patchy hair loss. She had noticeable thinning of hair on the scalp along with multiple bald patches, some of which were accompanied by itching. There was also significant loss of eyebrows and eyelashes, along with diffuse hair fall. Additionally, she reported throat pain, episodes of acidity with regurgitation of food, and pain on the left side of the chest. Her thyroid function test revealed elevated TSH levels, indicating hypothyroidism.

Physical Generals

Diet	Non veg
Appetite	Good but sometime poor due to acidity+
Desire	Salty things + and spicy food
Aversion	Not specific
Thermal Reaction	hot
Thirst	Thirsty ,drink 3-4 liters /day
Stools	1-2 time in a day sometime loose motion sometime hard solid stool
Urine	Pale yellow , non offensive
Perspiration	Professed and smelly
Sleep	Disturbed due to over thinking
Dreams	Dream of robbery

Examination

- Patient appeared generally healthy
- Anaemia/Pallor: Absent
- Facies: Absent
- Cyanosis: Absent
- Deformity: Absent

- Oedema: Absent
- Skin: Dry
- Cachexia/Emaciation: Absent
- Weight: 55 kg
- Height: 166 cm
- Built: Ectomorphic
- Temperature: Afebrile
- SpO₂: 98%
- Blood Pressure: 120/80 mm Hg
- Respiratory Rate: 18/min
- Pulse: 82/min
- Tongue: Clear

Mental Generals –

The patient is reserved and shy by nature, often keeping her emotions to herself. She experiences frequent irritability and episodes of anger, especially when emotionally disturbed. Her mental state reveals a deep, silent grief, likely stemming from past emotional trauma, which she rarely expresses openly. She prefers solitude and has a marked aversion to company, often choosing to live alone. The emotional burden of her hair loss, including the loss of scalp hair, eyebrows, and eyelashes, has led to a persistent tearful mood and episodes of weeping. She feels depressed and emotionally weighed down by her condition, affecting her self-esteem and social interactions.

Past History

History of hypothyroidism

Allopathic treatment for 8 years with only temporary relief

Rise in TSH levels upon withdrawal of allopathic medication

Family History

Mother – healthy

Father – death due to heart attack (2001)

Case analysis Reportorial totality

Repertory used	Rubrics selected
Repertory Name	<ul style="list-style-type: none"> - Tearful mood - Absent Minded - Silent grief - Anger - Salt Desire - Aversion to company - Patchy hair loss

Repertory screenshot

Remedy Name	Nat-m	Ign	Phos	Calc	Graph	Sep
Totality	16	13	12	12	12	12
Symptom Covered	6	4	6	5	5	5
[BN] [Mind]Weeping, tearful:	4	4	2	4	4	3
[KR] [Mind and Disposition]Absentminded:	3	3	3		3	3
[C] [Mind]Ailments from: Grief, sorrow, care:	3	3	1	2	2	2
[KT] [Stomach]Desires: Salt things:	3		3	2		
[BN] [Mind]Aggravation: Company:	2	3	1	2	2	3
[C] [Head]Hair: Affections of: Falling out, alopecia: Spots, in, alopecia areata:	1		2	2	1	1

Selection of Remedy

Nat Mur 200 – Constitutional

Flouric Acid 200 – Specific For Patchy Hairloss

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Tearful mood	✓	✓		
Absent-minded	✓			
Anger			✓	
Silent grief		✓	✓	
Salt desire		✓	✓	
Aversion to company		✓	✓	
Patchy hair loss				

Results

MONTHS	PROGRESS	PRESCRIPTION
1 st month	Same symptom present ,mild itching on the patch. not much changes seen	Nat mur- 200 2 dose Fl acid 200 bd
2 nd month	Alopecia patch stable and few patch having mild hair re growth seen. Itching on the patch reduced	Nat mur 200 2 dose Fl acid 200 bd
3 rd month	Patch having hair re growth with new patch seen .tangled hair seen	Nat mur 200 2 dose Fl acid 200 bd
4 th month	Hair growth good and improved tsh level raised Hair fall seen and eye lashes hair growth mild.	Nat mur 200 2 dose Fl acid 200 bd
5 th month	Hair growth stable and new patch seen on the crown also having hair fall seen. bowel- abdominal pain with loose motion appetite -poor	Nat mur 200 2 dose Fl acid 200 bd
6 th month	Hair fall worse with itching on the scalp and having mild dandruff. Old patch having hair re-growth seen. Bowel- regular acidity reduced	Nat mur 1 m Fl acid 200 bd
7 th month	Hair fall reduced and dandruff mild reduced some of patch hair re-growth seen.	Nat mur 1 m Fl acid 200 bd
8 th month	Hair fall reduced and under control eye lashes and eye brown hair re-growth and recovered. appetite – improved and bowel- regular acidity also reduced	Nat mur 1 m Sac lac 30 bd
9 th month	On scalp hair growth seen new patch as not seen itching on scalp control dandruff reduced and control	Nat mur 1 m Sac lac 30 bd
10 th month	Hairfall control and on scalp hair re-growth full of scalp . new patch as not seen.	Nat mur 1 m Sac lac 30 bd
11 th month	Hair re-growth on the patch seen as thin and light gray hair ,itching on scalp sometime hair fall reduced and control	Nat mur 1m Sac lac 30 bd
12 th month	Full of hair re-growth on the scalp and on the eye brown and eye lashes. Hair fall control and itching on the scalp also reduced.	Nat mur 1m Sac lac 30 bd

Discussion & Conclusion

This case demonstrates the effectiveness of homeopathic treatment in addressing complex autoimmune conditions like Alopecia Totalis. The patient, who had long struggled with hair loss and emotional distress, showed significant improvement under homeopathic care at Dr Batra's. Hair regrowth was observed on the scalp, eyebrows, and eyelashes, accompanied by better emotional balance and hormonal regulation. The treatment, tailored to the patient's individual symptoms and miasmatic profile, resulted in both physical and emotional healing. Overall, homeopathy provided a holistic solution to this challenging condition, restoring the patient's confidence and well-being

The transformation



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